



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PUT "YOU" AT THE TOP OF YOUR TO-DO LIST

ONE-ON-ONE YOGA, PILATES & FELDENKRAIS

- Gain confidence for class situations
- Learn terminology
- Improve Flexibility
- Discover proper positioning at your own pace
- Enhance Strength
- Learn special modifications for your unique abilities
- Understand breathing techniques
- Session tailored for your aptitudes
- Release physical & mental tension



**INTEREST FORM & FEES ON THE REVERSE SIDE
OF THIS FLYER**

Sonoma County Family YMCA 1111 College Avenue Santa Rosa, CA 95404 707-545-9622 Fax: 707-544-7805 www.scfymca.org

The YMCA is a non-profit, community organization. Financial Assistance is available.

INTEREST FORM

Date: _____

YOGA

PILATES

Please circle one

FELDENKRAIS

Name: _____

Phone: _____

Email: _____

Preferred method of contact: Phone Email

Goal(s): _____

Age: _____

Gender: M F

Height: _____

Weight: if known _____

Injuries/Health/Medical Issues:

Trainer/Instructor preference (if known)

**Please date & return to the YMCA
Health & Fitness Director, Dawn Carter.
Fax: 544-7805
Email: dcarter@scfymca.org**

SESSION FEES

SINGLE SESSION

	60 min	45 min	30 min
Facility Member	\$50	\$40	\$35
Program Member	\$60	\$55	\$40
Non Member	\$80	\$70	\$50

4 PACK!

	60 min	45 min	30 min
Facility Member	\$160	\$120	\$100